landscape structures™

HealthBeat™

User Guide

Welcome to HealthBeat™ Outdoor Fitness System

Our Philosophy

Our philosophy and continued focus is all about creating healthy, sustainable communities. The benefits of exercise are endless: increased strength and coordination, better cardiovascular health, a sense of well-being and a healthier community. Add fresh air and sunshine, and you have a combination that will inspire people of all ages to get moving towards better fitness. So we developed the HealthBeat™ Outdoor Fitness System to provide a unique, interesting, progressively challenging way to integrate exercise within a natural, outdoor environment. Meeting the needs of teens and adults of all fitness levels, HealthBeat encourages people of all ages to get out there and get active!

Our Advisory Council

The HealthBeat Advisory Council is our team of professionals and experts who provide guidance and suggestions for designs, concepts and user experiences. Their feedback ensures that we are providing the safest, most effective and challenging fitness experience for users of all ages. This six-member council, plus Landscape Structures Chairman, Steve King, and the product development team, work collaboratively to add value to current products and will help shape new products in the future. Some of the areas in which the council is involved are:

- Reviewing and approving current and proposed exercise activities on the HealthBeat fitness equipment
- Discussing current research, trends and literature that can help improve product offerings
- Providing feedback on specific areas of expertise, including safety, ergonomics, cardiovascular exercise, strength training, endurance and flexibility activities for all users

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Dr. Brett Oden, M.D.
Sports Medicine Specialist

Education:
Family Practice Residency, University of Minnesota, Minneapolis, Minn.
Medical School, Rush Medical College, Chicago, Ill.

Certifications:
Fellow of the American College of Sports Medicine

Experience:
- Founded and maintains the Sports Medicine practice in Buffalo, Minn.
- Medical Director for Sister Kenny Sports and Physical Therapy Center in Buffalo
- Developed a state-of-the-art Fitness Laboratory offering video biomechanical motion analysis and complete metabolic testing

Megan Leipholtz
Certified Personal Trainer, Consultant

Education:
BA in Psychology, Lock Haven University, Lock Haven, Penn.

Certifications:
ISSA Certified Personal Trainer
NETA Certified Group Exercise Instructor
Certified Kickboxing Instructor

Experience:
- Personal Trainer
- Group Fitness Instructor for two fitness centers
- Administrator of Rockford High School Summer Strength and Conditioning Program in Rockford, Minn
- Fitness Consultant to Landscape Structures Live Well program, fitness program consulting

Daryl Page
Course Coordinator

Education:
BA in Communications and Human Kinetics,
Masters Degree in Administration Leadership

Experience:
- Co-Coordinator of Lions Wellness Park in Tsawwassen, British Columbia—a park created exclusively for the fitness and wellness needs of seniors
- More than a decade of experience teaching and working in the recreation industry in many settings, including camps, parks and recreation, universities and municipalities
- Course Coordinator for the Recreation, Sport and Leisure Management Stream in the School of Human Kinetics at Trinity Western University in Langley, B.C.

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Anne Voas
Physical Therapist

Education:
MS in Physical Therapy, Duke University
Graduate study in Ergonomics

Experience:
- More than 15 years of professional experience
- Manager of Industrial Rehabilitation and Ergonomic Programming for Ridgeview Medical Center in Minnesota
- Consultant to industry for adult wellness, fitness and injury prevention
- Created equipment design and offered user education for local MN Fortune 500 companies and industry groups
- Guest lecturer at the University of Minnesota in Minneapolis
- Clinical expert and educator for spine topics, ergonomics and chronic pain

Harry Caine
Retired Geriatric Pharmacist

Experience:
- Expert in geriatric pharmaceuticals and consultant in adult and senior fitness
- Co-Coordinator of Lions Wellness Park in Tsawwassen, British Columbia—a park created exclusively for the fitness and wellness needs of seniors
- Spearheaded the design and construction of the Cammidge House and Centennial Beach playground, sponsored by the Lions Club, which integrated adult fitness with a traditional playground, the first of its kind in Canada
- Director of the Tsawwassen Boundary Bay Lions Club
- Citizen of the Year for the Municipality of Delta in 2005

Christopher Stone
Physical Therapist

Education:
BS in Physical Therapy, University of Wisconsin, Madison, Wis.
Additional study in the areas of orthopedic medicine, biomechanics and movement disorders

Experience:
- Physical Therapy Manager of the Sister Kenny Sports and Physical Therapy Center and Sister Kenny Rehabilitation Institute at Buffalo Hospital in Buffalo, Minn.
- Manager of Sister Kenny Fitness Lab at Buffalo Hospital
- More than 25 years experience working in orthopedics and sports medicine
- Twenty years of management and program development in Sports Medicine, Industrial Medicine and other rehabilitation areas

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What are the benefits of adult activity and exercise?

Lifelong fitness is a great investment and can provide terrific health benefits. Being in your best physical condition can help fight off illnesses and diseases more effectively, help you feel better and create a stronger heart, lungs, skeletal system and muscles. Plus, being a healthy adult also sets a good example for the kids in your family and community.

Pain Reduction: You may notice that when you are more active, you have less pain in your muscles and joints.

Increased Muscle Strength and Endurance: When you are more fit, you'll find that you have increased strength, especially in the larger muscles in the legs, arms and back. You may also notice that you have greater endurance, and get tired less easily.

Increased Core Strength: When your core muscles (those in your abdominal and lower back areas) are in good shape, you can experience less lower back pain, better balance and feel stronger overall.

Increased Flexibility: It's a fact, as we age, we become less flexible. Through stretching, strength-training and other activities, you can maintain, and possibly regain, some of your flexibility. When teens and young adults are growing, it's important to support effective strength training and agility work.

Improved Ability to Perform Daily Tasks: When you are more fit, you may notice that you can pick up things easier, reach items easier, utilize better balance skills and have more energy.

Improved Quality of Life: Research shows that when adults maintain a better level of fitness, they stay healthier and have an overall higher satisfaction in life, and greater resilience to aging.

Weight-Bearing Exercise Combats Risk of Osteoporosis: Weight-bearing exercise can improve balance and build bone mass. Having better balance can reduce falls and having stronger bones reduces the risk of fractures.

Cardiovascular: Having a healthy heart means having a healthier body. Since your heart is your body's engine, pumping blood throughout your body, it's important to keep it strong.

Psychological Benefits: Adult activity and exercise has been proven to improve self-confidence and self-efficiency, increase alertness, improve cognitive and reasoning skills, reduce symptoms of depression and offer stress reduction.

Social Benefits: Adult fitness programs can get everyone out of the house and out into the world! Why not get a fitness buddy? They can help you stay motivated and keep you on track. Working out together provides a good time for conversation, and it's something that parents, grandparents and teens can do together—a terrific multigenerational activity!

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HealthBeat™ is designed for all fitness levels

The HealthBeat™ Outdoor Fitness System is designed for beginner, intermediate and advanced users, and provides cardiovascular, strength training, endurance and flexibility benefits. On each station, you'll find clear signage with graphics that indicate the motion and movement of the activity. You'll see where to start and where to finish, as well as correct body position. Each station offers progressive, varying levels of difficulty that you control. HealthBeat was designed to be completely intuitive, so you don't need a personal trainer to teach you how to use the equipment

HealthBeat offers much more than traditional walking or other simple weight-bearing exercise. With HealthBeat, you can exercise your heart, lungs, large and small muscles and more for overall fitness benefits. And, unlike home exercise equipment, HealthBeat was created for the outdoors, and for many users. And can be installed in phases, starting with one station or more.

Later in this guide, you'll learn how you can move to the next level of fitness by maximizing the movement of each piece of equipment. Many of the stations feature an adjustable hydraulic cylinder, with difficulty levels of one to six. One is the least difficult, six is the most challenging.

Playground fitness fun

HealthBeat easily integrates into a multigenerational setting and destination for whole family fun. When located in a park, HealthBeat users can supervise children on the

playground, while getting a great workout. Seniors and teenagers can utilize the same equipment for tailored fitness results. And three generations can come together for a full day of active fun!

Integrate into your trail

The versatile HealthBeat Outdoor Fitness System is a great choice to enhance your current or new trail. The HealthBeat stations offer an effective complement to traditional outdoor exercises, such as walking, biking or jogging.

A cluster of great results

A fitness cluster including HealthBeat stations can be a space-saving way to offer a fitness experience at your park or playground. Even better, when installed in conjunction with a playground, parents can get a healthy workout while still supervising the kids.

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Get started with HealthBeat™

1. Consult your healthcare professional before starting any fitness program. This is especially important if you are pregnant, sedentary, or have pre-existing health conditions, such as back or heart problems.

2. Determine your current fitness level. Be honest.
   - Beginner (new to fitness or starting a fitness program after a long absence)
   - Intermediate (currently active, participating in physical activity at least 30 minutes a day)
   - Advanced (very active, established fitness program, at least one hour, four to seven times a week)

3. Set your goals and write them down.
   What do you want to accomplish?
   Weight loss?
   Better overall health? Strength?
   Better cardiovascular health?
   Better balance?

4. Download (or copy) the Workout Log found on pg. 26 of this User Guide or at playlsi.com. Fill in your preliminary information. Use the Workout Log to record your progress.

5. Read the section, “Warming Up” on pg. 17 of this User Guide. This is very important to avoid risk of injury, and to help you have a successful session. And, as with any new fitness program, begin slowly.

6. IMPORTANT: If you notice any signs of distress while using HealthBeat™, such as difficult breathing, even after slowing down, chest pains or other issues, stop IMMEDIATELY and get medical attention.

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The HealthBeat™ Outdoor Fitness System offers a wide range of activities to improve your health and fitness.

Workout Types:

Cardiovascular/Aerobic: Cardio Stepper, Plyometrics (Stepping)
Muscle/Core Strength: Squat Press; Chest/Back Press; Pull-Up/Dip; Ab Crunch/Leg Lift; Assisted Row/Pushup
Endurance: Cardio Stepper; Chest/Back Press; Pull-Up/Dip; Squat Press
Power: Plyometrics (Jumping)
Balance/Coordination: Balance Steps
Flexibility/Meditation: Tai Chi Wheels

Product Notes:
Your specific park or site may not currently have every HealthBeat™ fitness station that is listed in this guide. You can find out if more stations are planned by calling your local park and recreation department. If you notice any maintenance issues, please contact your local park and recreation department or property owner.

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HealthBeat™ Balance Steps

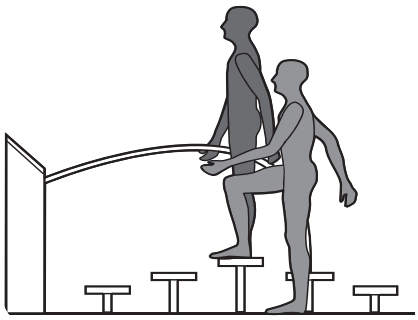
Type of Workout:

Balance and Coordination

Instructions:

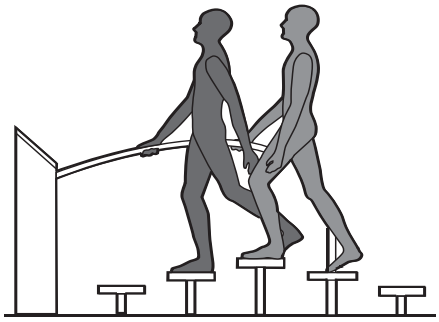
Stepper:

1. Step up on the lowest step with one foot
2. Add the other foot
3. Reverse and return to the ground
4. Continue using progressively higher steps



Balance Beam:

1. Walk across steps using your arms for balance or the handrail, if needed
2. Turn and repeat



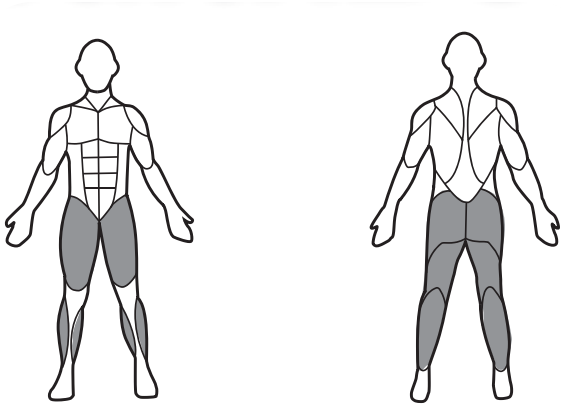
Tailor your Workout:

Balance Beam: When used as a balance beam, begin by holding the handrail. As you gain confidence, use your arms for balance, then put hands on hips.

Stepper: For a step aerobic workout, step up and down, repeat. For more advanced users increase the pace and duration of workout.

Muscle Groups Used:

Quadriceps, hamstrings, calves, tibialis anterior, as well as core trunk muscles.



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HealthBeat™ Cardio Stepper

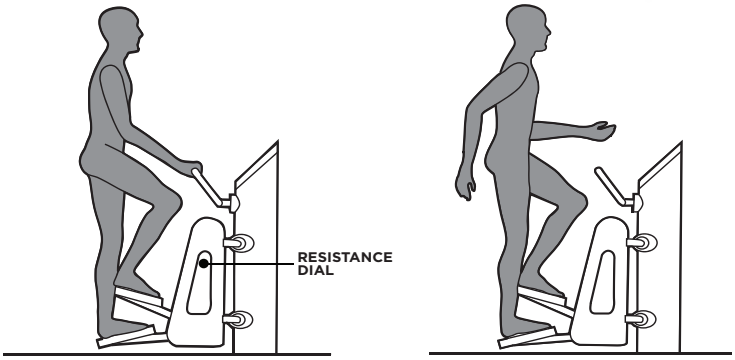
Type of Workout:

Cardiovascular/Aerobic/Endurance

Instructions:

1. Adjust the dial to find a comfortable resistance level (one to six)
2. Step quickly and smoothly
3. Swing your arms freely or hold the handles
4. Stand up straight with good posture
5. Look straight ahead

Note: This equipment uses **Adaptive Resistance** which automatically adjusts resistance to match your level of effort. Speeding up the exercise increases resistance. Slowing down decreases resistance.

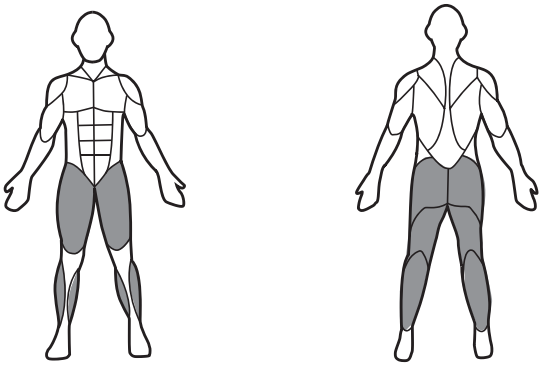


Tailor your Workout:

The Cardio Stepper provides a cardiovascular or aerobic workout using your own body weight. You can change the resistance, using the dial on the cylinder, to allow you to target specific heart-rate training zones. One is the least resistance, six is the greatest.

Muscle Groups Used:

Quadriceps, hamstrings, calves, tibialis anterior, as well as core trunk muscles.



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HealthBeat™ Squat Press

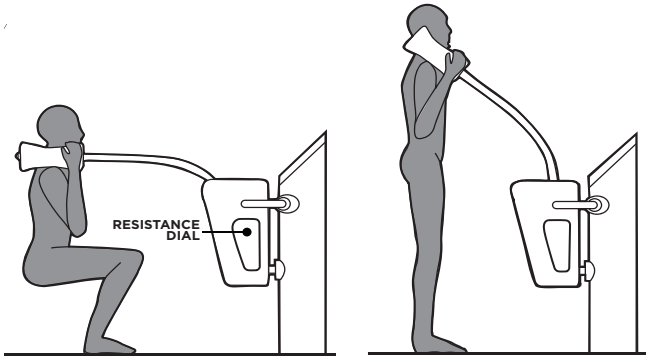
Type of Workout:

Muscle Strength/Endurance

Instructions:

1. Place feet in front of body as shown, shoulder width apart
2. Head, shoulders, hips must be aligned at start, and throughout exercise
3. Keep feet flat on ground
4. Knees should be aligned with toes
5. Look straight ahead

Note: This equipment uses **Bilateral, Adaptive Resistance** which works two muscle groups with each push/pull movement, and automatically adjusts resistance to match your level of effort. Speeding up the exercise increases resistance. Slowing down decreases resistance.

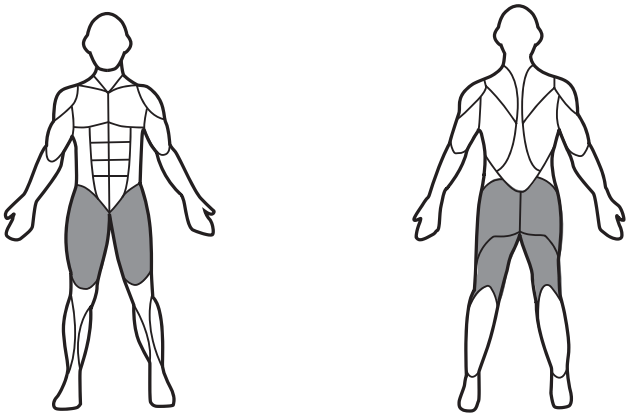


Tailor Your Workout:

The Squat Press builds leg and hip muscle endurance. Beginners should start with the resistance dial set at one, and do fewer repetitions. For advanced users, increase resistance by adjusting the dial on the cylinder to a higher number. One is the least resistance, six is the greatest. Increase repetitions as desired.

Muscle Groups Used:

Quadriceps, hamstrings, gluteus, hip flexors (iliopsoas).



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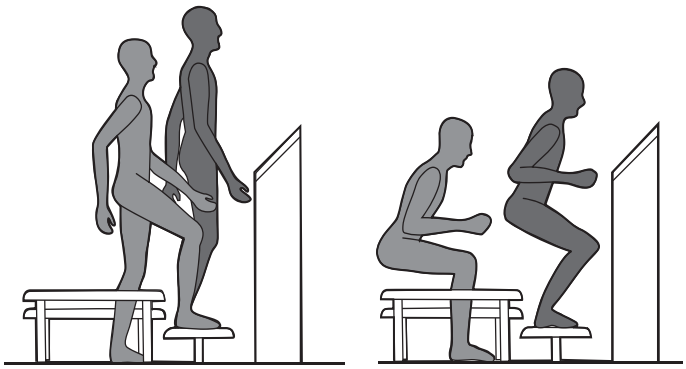
HealthBeat™ Plyometrics

Type of Workout:

Power/Plyometric

Instructions:

1. Place feet shoulder-width apart
2. Keep knees bent
3. Jump/hop quickly onto step, while keeping knees bent and hands out in front of body
4. Jump/hop back to starting position
5. Repeat using variety of step heights



Tailor Your Workout:

Plyometics:

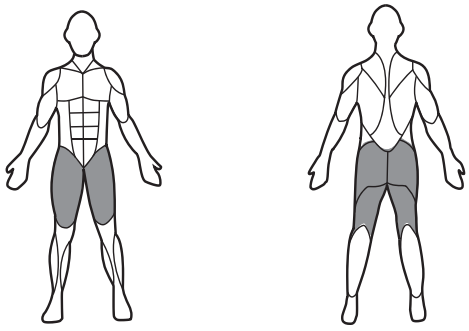
Plyometrics increase muscle power, and are useful for explosive motions such as jumping. Beginners can start with the lowest step and do as many repetitions as desired. More advanced users can increase number of repetitions, and use a higher step. The most advanced users can jump from one step to the ground, then another step. You can also jump forward, then backward in varying combinations; also jump, while turning 90 degrees or 180 degrees. Utilize all heights for increasing difficulty.

Step Aerobics:

The HealthBeat™ Plyometrics station is also a great place to get your step aerobic workout. Just step from box to ground, rather than jump. Create your own workout pattern, according to your fitness level. Step side-to-side, front-to-back—as an advanced user, you can even step over the top.

Muscle Groups Used:

Quadriceps, hamstrings, gluteus.



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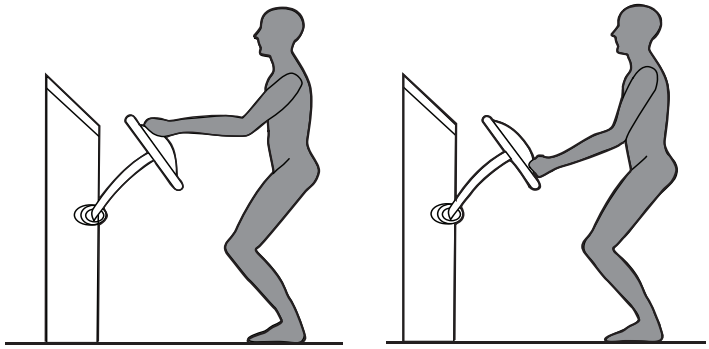
HealthBeat™ Tai Chi Wheels

Type of Workout:

Flexibility/Meditation

Instructions:

1. Be mindful of your posture and breathing
2. Turn wheels in the same direction, clockwise to start, then counter-clockwise
3. Use to relax and/or meditate
4. Go slowly
5. Stand with knees slightly bent and back straight
6. Look forward, breathe slowly and evenly
7. Change to opposing directions

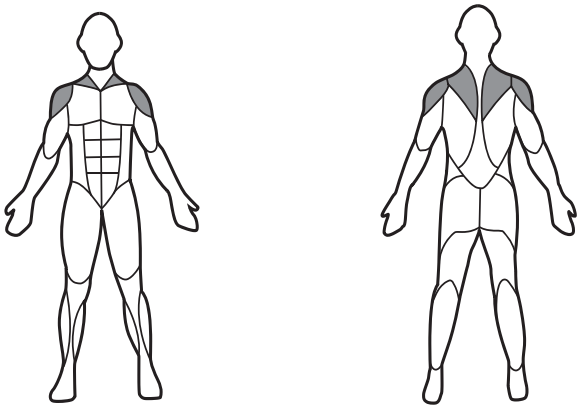


Tailor Your Workout:

Increase repetitions on the Tai Chi Wheels for a longer and more beneficial workout. Work on your controlled breathing.

Muscle Groups Used:

Deltoid, rotator cuff, trapezius, and to lesser degree, chest and back muscles.



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HealthBeat™ Chest/Back Press

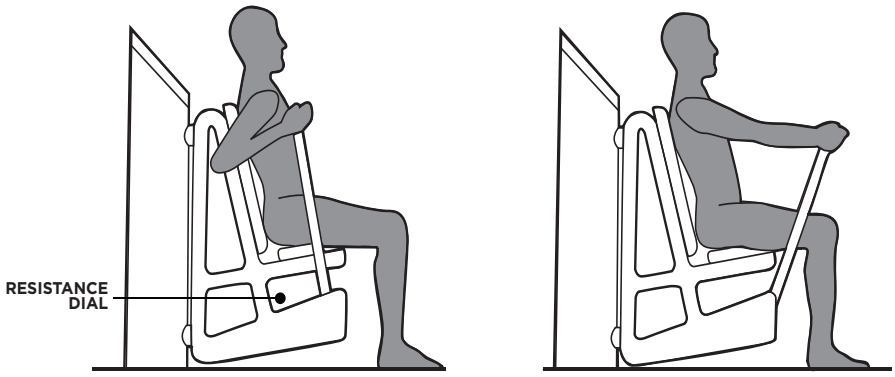
Type of Workout:

Muscle Strength/Endurance

Instructions:

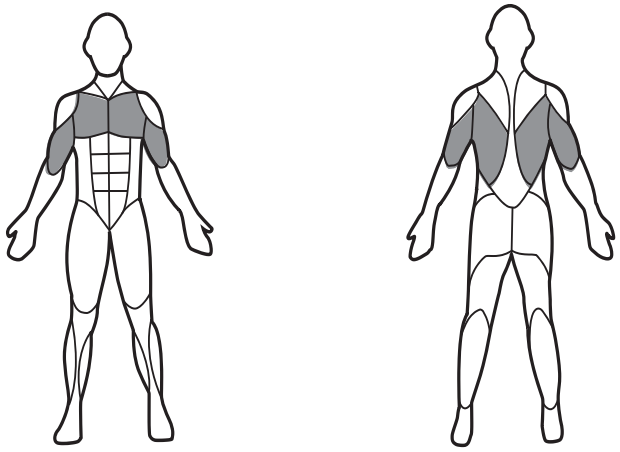
1. Head, shoulders, hips should be in line
2. Sit up straight
3. Keep feet flat on ground
4. DO NOT lock your elbows
5. Push as shown in illustration; pull back to starting position
6. Repeat

Note: This equipment uses **Bilateral, Adaptive Resistance** which works two muscle groups with each push/pull movement, and automatically adjusts resistance to match your level of effort. Speeding up the exercise increases resistance. Slowing down decreases resistance.



Tailor Your Workout:

The Chest/Back Press builds muscle endurance for opposing muscle groups equally and with one fitness station. Beginners should start with the resistance dial set at one. Start with fewer repetitions. For more advanced users, increase resistance by adjusting the dial on the cylinder. One is the least resistance, six is the greatest. Increase repetitions as desired.



Muscle Groups Used:

Pectoralis major, latissimus dorsi, triceps, biceps.

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HealthBeat™ Assisted Row/Push-Up

Type of Workout:

Muscle Strength

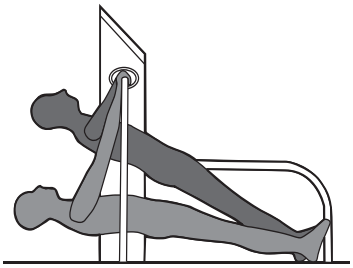
Instructions:

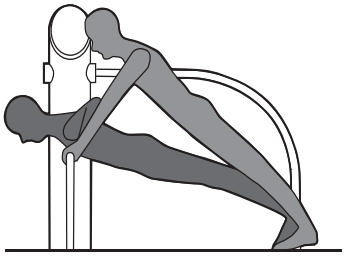
Assisted Row:

1. Grab bar as shown, keeping body straight
2. Pull your chest up to the bar
3. Lower slowly, keeping body aligned throughout the exercise

Push-Up:

1. Follow the same principles as assisted row
2. Utilize chest-to-bar motion





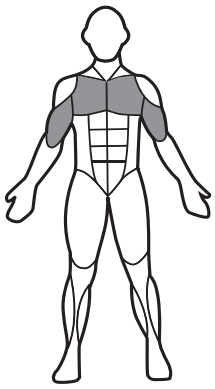
Tailor Your Workout:

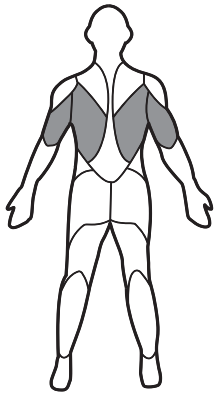
Beginners can safely strengthen muscles with the Assisted Row/Push-Up by starting with feet closer to the bar. More advanced users can utilize the middle bar, having feet further from bar at start and performing more repetitions.

Muscle Groups Used:

Row: Latissimus dorsi, biceps.

Push-Up: Pectoralis major, triceps.





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HealthBeat™ Pull-Up/Dip

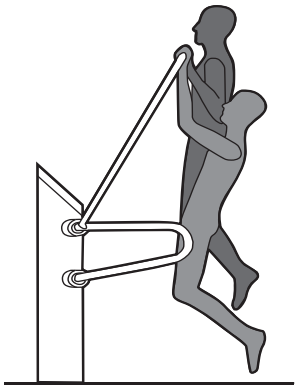
Type of Workout:

Muscle Strength/Endurance

Instructions:

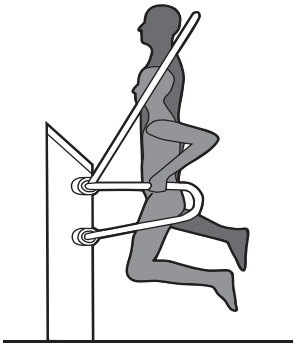
Pull-Up:

1. Bring chin to bar at the stop point
2. Keep body "calm," no swinging
3. GO SLOWLY
4. Repeat



Dip:

1. Do NOT lean forward—look straight ahead
2. Arms parallel with ground at stop point
3. GO SLOWLY
4. Repeat



Tailor Your Workout:

The Pull-Up/Dips are highly effective muscle strength-building exercises.

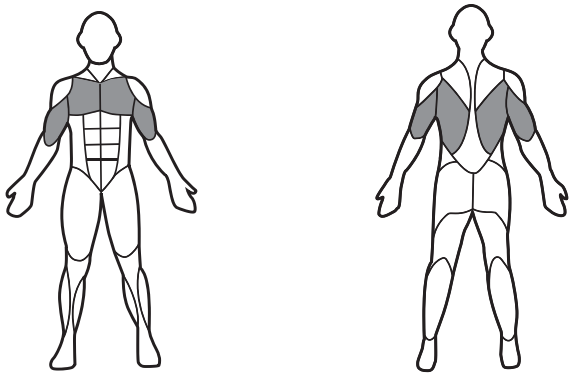
Pull-Up: Beginners can start by using an underhand grip. More advanced users can use an overhand grip. Either overhand or underhand grip is acceptable.

Dip: Advanced users can increase repetitions.

Muscle Groups Used:

Pull-Up: Mainly biceps, to lesser degree latissimus.

Dip: Mainly triceps, to lesser degree pectoralis.



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HealthBeat™ Ab Crunch/Leg Lift

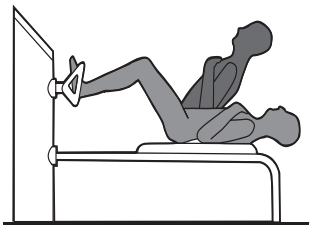
Type of Workout:

Core Strength

Instructions:

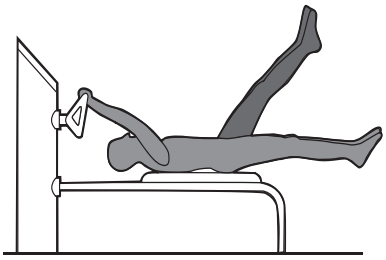
Ab Crunch:

1. Lie down on bench with knees bent at 90 degrees
2. Place feet either on top (more difficult) or under the footrest bar (less difficult)
3. Place hands over ears (more difficult) or on chest (less difficult)
4. Raise upper body off bench to a 45-degree angle, then lower, slowly



Leg Lift:

1. Cross hands over the chest
2. Raise upper body to a 45-degree angle
3. Lower slowly



Tailor Your Workout:

Leg Lift:

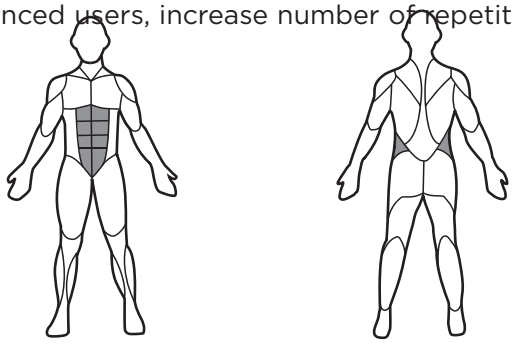
Beginners should lie down on the Ab Crunch/Leg Lift bench and reach for the handlebar. Hold the bar and lift legs straight out. Raise one leg at a time to a 45-degree angle. Repeat. For more advanced users, lift legs together to a 45-degree angle, slowly, without swinging. Lower legs slowly. Repeat.

Ab Crunch:

Beginners should start by hooking toes under the bar. Cross hands over the chest and raise the upper body to a 45-degree angle, then slowly lower. For greater difficulty, place feet on top of bar. This isolates the abdominal muscles from the hip flexor muscles for a better core strengthening exercise. For the most advanced users, increase number of repetitions.

Muscle Groups Used:

Rectus abdominus (upper and lower).



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Setting up your workout program

Warming Up

When you are ready to begin your workout, warming up is very important. It prepares your body for exercise and gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature.

Choose a warm-up activity that uses the same muscles you'll use during your workout. For example, if you're going to take a brisk 30-minute walk, walk slowly for a few minutes to warm up.

Stretching

Stretching is very valuable as it gets your muscles ready to work out. It can balance your body, promote unrestricted movement and reduce the risk of overstressing or injuring muscles. Hold each stretch for at least 30 seconds. And remember to keep it gentle. Don't bounce. Sudden or aggressive movements may cause injury.

Focus on your calves, thighs, hips, lower back, neck and shoulders—or other muscles and joints that you routinely use at work or play. Hold each stretch for at least 30 seconds, and then repeat the stretch on the other side. Expect to feel some tension while you're stretching. If it hurts, back off to the point where you don't feel any pain. Relax and breathe freely throughout each stretch. When you feel loosened up, you're ready to begin your workout.

Remember to stretch after your workout too. It will give your muscles a chance to "cool down" and relax.

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Tailor your workout using your maximum heart rate

One way to determine your exercise intensity is to use your Maximum Heart Rate. A simple way to calculate your Maximum Heart Rate (MHR) is 220 minus your age.

The chart below shows a breakdown of Heart Rate Training Zones. Your training zones, based on your individual circumstances, may vary greatly.

Heart Rate Chart

Moderate Activity 50-60 percent of MHR
Great for beginners and those primarily interested in exercising for weight loss.

Weight Management 60-70 percent of MHR
Helps with weight management and strengthens your heart, giving it the opportunity to work at its optimum level.

Aerobic 70-80 percent of MHR
Benefits not only your heart but also your respiratory system. Increases your endurance and enhances your aerobic power, which is the ability to transport oxygen to, and carbon dioxide away from, the sport-specific muscles.

Anaerobic Threshold 80-90 percent of MHR
Reached during high performance training. It's the physiological point during exercise at which lactic acid starts to accumulate in the muscles. Increasing the intensity at which this threshold is reached will improve performance.

Age	Target Heart Rate Zone 50–85 percent	Average Maximum Heart Rate 100 percent
20 years	100–170 beats per minute	200 beats per minute
25 years	98–166 beats per minute	195 beats per minute
30 years	95–162 beats per minute	190 beats per minute
35 years	93–157 beats per minute	185 beats per minute
40 years	90–153 beats per minute	180 beats per minute
45 years	88–149 beats per minute	175 beats per minute
50 years	85–145 beats per minute	170 beats per minute
55 years	83–140 beats per minute	165 beats per minute
60 years	80–136 beats per minute	160 beats per minute
65 years	78–132 beats per minute	155 beats per minute
70 years	75–128 beats per minute	150 beats per minute

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Definitions

Cardiovascular:
Any physical activity that involves and places stress on the cardio-respiratory system. Any activity that will elevate your heart rate and sustain that elevated heart rate.

Examples: walking, running, biking, swimming, cross-country skiing, dancing, HealthBeat™ Cardio Stepper

Benefits:
Decreases: fatigue, anxiety, depression, coronary artery disease, hypertension, non-insulin dependent diabetes mellitus, risk of some types of cancer, osteoporosis, and obesity. Increases: recreational and sports performance, sense of well-being, blood lipid profile, insulin activity, glucose tolerance, and immunity.

Resistance Training/Muscle Strength:
Also known as strength-training exercise or weight training. Resistance training is exercise to increase muscle strength and endurance by doing repetitive exercises with passive resistance hydraulics, weight/resistance machines or body weight.

Examples: free weights, resistance bands, HealthBeat™ Pull-Up/Dip, HealthBeat™ Ab Crunch/Leg Lift, HealthBeat™ Assisted Row/Push-Up

Benefits:
Improves cardiovascular efficiency, increases lean body mass, decreases body fat, increases metabolic efficiency, increases bone density.

Core Exercise:
The core is not just your abdominal muscles. The core is the foundation of your body and also includes lower back muscles—it's the beginning point for all movement. Core exercises are an important part of overall fitness training that, except for the occasional sit-up or crunch, are often neglected.

Examples: yoga, Pilates, crunches, sit-ups, stability ball exercises, HealthBeat™ Ab Crunch/Leg Lift

Benefits:
Can help with reducing low back pain. Provides increased protection and "bracing" for your back. When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. They provide support to your spine for just about any activity.

A weak core can make you susceptible to poor posture, lower back pain and muscle injuries. Strong core muscles provide the brace of support needed to help prevent pain and injury.

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Balance and Flexibility:

Whether on a basketball court, stability ball or walking down stairs, maintaining balance is key to all functional movements for all ages. It can improve sports performance and make everyday tasks easier.

Examples: HealthBeat™ Balance Steps, HealthBeat™ Tai Chi Wheels, yoga

Benefits:

Helps with neuromuscular efficiency—in other words, it helps the muscles to work in harmony. In older adults, it can reduce the incidence of falls. In athletes, it improves quickness and agility.

Plyometrics:

Any exercise in which muscles are repeatedly and rapidly stretched and then contracted.

Examples: hockey, sprinting, ski jumping, gymnastics, HealthBeat™ Plyometrics

Benefits:

The goal of plyometrics is to improve muscle power. It also helps with "explosive" type movements, such as golf swings, basketball and other sports.

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Nutrition

How nutrition can play a part in your overall wellness

There are countless benefits to having a nutritious diet. Besides helping you maintain a healthy weight, good nutrition is essential for the body and for all its systems to function optimally for a lifetime. In fact, the benefits of good nutrition can be found in physical and mental health because a healthy diet provides energy, promotes good sleep and gives the body what it needs to stay healthy. When you consider the benefits of good nutrition, it's easier to eat healthy.

The Heart

The heart is your body's engine. Heart-healthy eating involves avoiding foods high in saturated fats and cholesterol that can lead to heart disease. Medical research has provided solid evidence that certain foods do increase the risk of heart disease and that there is a direct link to saturated fats and cholesterol. By avoiding foods that contain these heart-unhealthy substances, you can ensure that your heart will function properly for years to come.

Bones

While the heart keeps the whole body going, your bones help keep it all together. Healthy bones are necessary throughout your life and become more important as you age. It's essential to take in enough calcium to maintain and promote bone health. You can avoid many bone conditions that may develop later in life by providing your body with enough calcium in your diet. Milk and other dairy products contain calcium and should be consumed every day.

Energy

Though many benefits of good nutrition today may not be realized until later in life, one benefit you can see daily is in your energy level. Foods that are excessively sugary or high in fats can minimize your energy levels from day to day. Fats are slow to digest, and thus don't provide your body with a steady source of energy. Sugary foods can create fluctuations in blood sugar levels, causing you to feel tired very shortly after eating. By eating a healthy diet, you maintain your energy levels (and blood sugar) at a constant level throughout the day, and the result is simply feeling better.

When you look at all the benefits of good nutrition, you quickly realize that eating healthy and making healthy food choices result in a healthier lifestyle. Anyone can start enjoying the benefits of good nutrition by changing just one eating habit a week. Cut down on foods high in fat and begin replacing them with whole grain foods, low fat foods and fresh fruit and vegetables. You'll be reaping the benefits of good nutrition before you know it!

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Circuit Training

Circuit training provides opportunities to improve mobility, strength and stamina. This type of workout is also great for competition preparation, so you can achieve your peak performance. A circuit training workout utilizes several exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time, before moving on to the next.

The total number of circuits performed during a training session will vary, depending on your fitness level, and your training goals. Circuit training with the HealthBeat™ fitness stations promotes cardiovascular endurance, strength, balance, core fitness and flexibility.

Here is a sample circuit training workout:

Lower body:
1. Balance Steps
2. Cardio Stepper
3. Squat Press
4. Plyometrics

Upper body:
5. Tai Chi Wheels
6. Chest/Back Press
7. Assisted Row/Push-Up
8. Pull-Up/Dip

Core:
9. Ab Crunch/Leg Lift

This circuit training workout works the lower body first, easiest to hardest, then the upper body, easiest to hardest, then your core muscles. The two cardiovascular options warm up the muscles before any strength training, then muscle endurance exercises precede strength building exercises. Tai Chi Wheels can be used as an upper body warm-up.

The placement of the HealthBeat fitness stations will vary at your park or trail. To personalize your circuit training workout, consider these variations.

- Walk between stations
- Do jumping jacks between stations
- Rest between stations
- Jog between stations
- Do lunges between stations

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Strength Training

Strength training provides opportunities to increase bone density, increase resting metabolism, lose fat, increase strength and balance, and enhance the shape and size of the muscular system. Anyone who has been cleared for exercise by their physician can benefit from a strength training routine.

Key points to understand when beginning a strength training program include:

- A single lift is called a “rep”
- A group of reps done in a row is called a “set”
- Find a resistance level that you can lift 8 to 12 times with the last few reps fairly difficult to complete. A lack of progress or “gains” in a new program often is the result of lifting too little weight. The muscles should feel challenged to complete the set.
- All participants should begin with a 5-minute cardiovascular warm-up.

Listed next are strength training routines appropriate for beginning, intermediate and experienced fitness levels.

Beginning Strength Training Routine

All exercises will be done for 3 full sets with a 30-second rest period between each set. Choose a resistance level (one is the least resistance, six is the greatest) where the last 3 to 4 reps feel like a struggle, but can be completed with good technique. The first few times through the routine, one or two sets is sufficient. Advance to the full three sets when fully comfortable with the equipment and the routine. Rest can be active rest (walking around, shaking out limbs, etc).

1. 5-minute warm-up
2. 8 to 12 reps on Chest/Back Press, 30-second rest, 8 to 12 reps, 30-second rest, finish with last set of 8 to 12 reps
3. 8 to 12 reps on Squat Press, 30-second rest, 8 to 12 reps, 30-second rest, finish with last set of 8 to 12 reps
4. 8 to 12 push-ups on the Assisted Row/Push-Up, 30-second rest, 8 to 12 push-ups, 30 second rest, finish with last set of 8 to 12 reps
5. 8 to 12 inclined row lifts on Assisted Row/Push-Up, 30-second rest, 8 to 12 lifts, 30-second rest, finish with last set of 8 to 12 reps
6. 8 to 12 tricep dips on lowest bar on Pull-Up/Dip, 30-second rest, 8 to 12 dips, 30-second rest, finish with last set of 8 to 12 dips
7. Cool down on Tai Chi Wheels

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Intermediate Strength Training Routine

This routine is for those familiar with strength training and who have been exercising for at least six weeks. In this routine there will be no rest periods – you will move from station to station, one after the other, and then repeat the circuit one or two times.

1. 5-minute warm-up on Cardio Stepper
2. 8 to 12 reps on Chest/Back Press
3. 8 to 12 reps on Squat Press
4. 12 to 15 push-ups on Assisted Row/Push-Up
5. 12 to 15 step-ups on right leg on Balance Steps
6. 12 to 15 incline rows on Assisted Row/Push-Up
7. 12 to 15 step-ups on left leg on Balance Steps
8. 12 to 15 tricep dips on lowest bar on Pull-Up/Dip, rest for two minutes, repeat one or two times
9. Finish with 2 to 3 sets of 12 crunches and reverse crunches on Ab Crunch/Leg Lift

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Advanced Strength Training Routine

This routine is for those who have been exercising consistently for a least three months and who are in good cardiovascular shape. All sets on adjustable stations are 12 to 15 reps, body weight exercises can be taken to failure (just cannot do anymore, or start to get “sloppy”).

1. 5-minute warm-up on Cardio Stepper
2. 12 to 15 reps on Chest/Back Press
3. 2 minutes stepping on/off a Plyometrics step
4. 12 to 15 reps each of push-ups on Assisted Row/Push-Up (assisted or unassisted) and pull-ups on Pull-Up/Dip
5. 2 minutes stepping on/off a Plyometrics step or Cardio Stepper
6. 12 to 15 reps of tricep dips on Pull-Up/Dip
7. 2 minutes cardio choice
8. 12 to 15 reps on Squat Press
9. 2 minutes cardio choice
10. 12 to 15 step-ups on a Plyometrics step
11. 12 to 15 reps each of Ab Crunch and Leg Lifts
12. Finish with 5 minutes on Cardio Stepper

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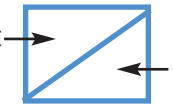
Res/ Reps = RESISTANCE / # OF REPITITIONS



HEALTHBEAT™ WORKOUT LOG

Month:

Exercise	Notes	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps

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